Action Pages!

A PHYSICAL ACTIVITY AND SPORT EDUCATION RESOURCE GUIDE

ORGANIZED WITH TEACHERS IN MIND

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A PHYSICAL ACTIVITY AND SPORT EDUCATION RESOURCE GUIDE 2003/2004

Compiled by JW Sporta: Health,
Physical Activity and Sport Education Consultants
Developers and disseminators of the
Premier's Sport Awards Program, a physical education
resource program designed to help teachers and
instructors teach children their basic sport skills.

ORGANIZED WITH TEACHERS IN MIND

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Ministry of Health Planning

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For more information about the Action Pages! please contact:
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How to Use the Action Pages!

The Action Pages! is a user-friendly resource to link elementary teachers, youth coaches, or community instructors with the multitude of resources available across Canada to support school and community based physical activity.

With teachers in mind, the Action Pages! is organized by general physical education curriculum organizers.

- **ACTIVE LIVING** includes programs and resources that support active school communities, and empower children and youth to make healthy decisions.
- **MOVEMENT** emphasizes physical activity skills and concepts. This section includes sport-specific publications, game books, cycling and dance resources, and support publications for ensuring ALL students are included and achieve success in physical education.
- **PERSONAL & SOCIAL RESPONSIBILITY** encompasses resources about healthy eating, gender equity, safety and injury prevention, and smoking.

The Action Pages! also includes the following sections:

- **TEACHER EDUCATION** resources including program planning, coaching, and educational, professional development and certification opportunities.
- **ACTIVE SCHOOL INITIATIVES** highlight exciting community and provincial level projects happening across Canada to integrate healthy, active living into the school culture.
- **WEBSITES** that provide physical education resources, links to active living initiatives, and connections for teachers and students to sport and physical activity in Canada.
- **SUPPORT ORGANIZATIONS** to help connect individuals with organizations supporting physical activity and active school communities across Canada.

- **JUST BC** connects BC teachers with provincial government agencies, support organizations, and sport governing bodies.

If you prefer an alphabetized list flip to the **INDEX** for an A-Z resource listing and to search by specific topics.

Icons for quick reference have also be included to indicate the following:

grade level, e.g. K-3

lesson plans

published resource

download from the internet

presentation or workshop

video

additional information available on the website

available only in certain provinces, e.g. BC

Finally, if there is a program, resource or organization that should be added to the Action Pages! please contact the p.s.a.p. Team at 604-738-2468 or 1-800-565-psap, or by email at psap@jwsporta.ca.

Active Living

1 ACTIVE AND SAFE ROUTES TO SCHOOL

Encourages students and parents to walk, bike, scoot or skate to and from schools. Components include the Walking/Cycling School Bus, no idling zones around schools, and the International Walk to School Day event.

Cost: download for FREE
Contact: Go for Green
613-748-1800 or 1-888-822-2848
asrts@goforgreen.ca
www.goforgreen.ca

2 ACTIV8

A curriculum based program to help children develop a positive attitude towards physical activity by ensuring personal success and emphasizing fun. Consists of four grade related modules containing physical activity challenges, plus warm-ups, cool-downs, and everything in-between.

Cost: FREE hardcopies
Contact: Foundation for Active Healthy Kids
416-426-7120 or 1-888-446-7432
activ8@ophea.net
www.activ8.org

3 ACTIVE LIVING SCHOOLS: Build It & They Will Come

A step-by-step process for creating or improving an Active Living School. Includes success stories from across the country and information about support programs and resources.

Cost: download for FREE
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

4 ANOTHER GAMES BOOK

5 NOT JUST ANOTHER GAMES BOOK

Two resources for special event and theme week programming designed to involve students and staff, increase school spirit, and promote active living.

Cost: $25 non-members, $20 members per resource
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

6 CANADIAN ACTIVE LIVING CHALLENGE

Practical resources designed to help teachers instill healthy and active lifestyles in students. Four programs designed for specific age groups provide "thinking", "knowing" and "doing" activities that can be easily incorporated into a variety of subject areas. Participant materials for each program are available that encourage empowerment and involvement in making healthy, active choices.

Cost: prices vary
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

7 CANADIAN CROSS COUNTRY FITNESS CHALLENGE

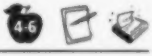
Imagine walking, running, biking, swimming or rollerblading across Canada, from sea to sea! This online program enables classes or students to track their physical activity mileage from St. John's NL to Vancouver BC.

Cost: $37.45
Contact: Canadian Cross Country Fitness Challenge
info@c2cfit.com www.c2cfitcanada.com

8 CANADIAN OLYMPIC CHALLENGE

9 CANADIAN OLYMPIC RESOURCE KIT

10 CANADIAN OLYMPIC VALUES EDUCATION PROGRAM



Can you remember the first time you watched the Olympics and felt the excitement of watching Canadian athletes perform in a world-class competition? These resources use the Canadian Olympic Values as a backdrop for a wide variety of cross-curricular activities. Visit the COC website for more program information.

Cost: download for FREE
Contact: Canadian Olympic Committee
416-962-0262
jdesouza@coa.ca www.coa.ca

11 DENE GAMES – A CULTURE & RESOURCE PACKAGE

Allows teachers to introduce students to unique and different activities that reflect the culture and history of Dene – aboriginal groups from the boreal forest region of Canada and Alaska. Package includes a detailed manual, poster and demonstration video.

Cost: $50
Contact: Canadian Association for Health, Physical Education, Recreation and Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

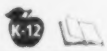
12 EVER ACTIVE SCHOOLS PROGRAM

Promotes the healthy development of children and youth by fostering social and physical environments that support active living and positive health behaviours. Members benefit from a variety of support, recognition and professional development opportunities.

▸ NOTE: Some resources are now available for FREE download, e.g. Ever Active . . . Everywhere Best Practices Resource

Cost: $50 for a two-year membership
Contact: Ever Active Schools Program
780-454-4745
marg@everactive.org
www.everactive.org

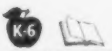
13 INTRAMURAL RESOURCE SERIES



Details on setting up an intramural program, activity ideas, scheduling, and ways to make your intramural program run smoothly and efficiently. Available for elementary, junior high, and high school levels.

Cost: $12 non-members, $10 members per resource
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

14 MASS APPEAL



Activities designed to involve groups of at least 50 with a maximum participation of 1000. Activities require little equipment and can be incorporated into special event days or weeks.

Cost: $20 non-members, $15 members
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

15 MULTICULTURAL GAMES

Provides ideas and strategies to help students develop an awareness of and appreciation for other cultures while enjoying physical activity. Featuring 75 games from 43 countries on 6 continents, this practical reference is an excellent source for building an interdisciplinary and multicultural curriculum.

Cost: $24.95 non-members, $22.45 members
Contact: Canadian Association for Health,
Physical Education, Recreation and Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

16 PHYSICAL ACTIVITY GUIDES

NEW from Health Canada, child and youth Physical Activity Guides are tools to help students incorporate active living into their daily lives. Available resources include: age-targeted guides for children and youth, family and teacher guides, interactive magazines, and a physical activity chart with stickers. Physical Activity Guides for Healthy Active Living are also available for adults and older adults.

Cost: FREE hardcopies or download from the internet
Contact: Health Canada
1-888-334-9769
www.healthcanada.ca/paguide

17 POSITIVE PLAYGROUNDS

Provides elementary schools with tools to plan successful playground programs, energize physical education, or activate classroom physical activity programs. Includes wall and tarmac ball games, field and tag games, skipping, hops-otch, marbles and jacks, and clapping games.

Cost: Program Manual and Game Resource $69.95
Game Resource only $24.95
Contact: Positive Playgrounds
780-466-9612
Sales@Positiveplaygrounds.ab.ca
www.positiveplaygrounds.ab.ca

18 QUALITY DAILY PHYSICAL EDUCATION (QDPE)

The centre of CAHPERD's strategy for increasing the physical education levels of Canadian children and youth. Emphasizes the importance of providing students with the knowledge and skills necessary to develop a positive attitude toward physical activity that will last a lifetime. Lots of resources to help teachers advocate for and implement QDPE. Visit CAHPERD's website for more information.

Cost: a variety of resources can be downloaded for FREE
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

19 READY-TO-USE P.E. ACTIVITIES

More than 1,600 success-oriented activities help children improve physical fitness and develop social interaction skills, fair play and self-esteem. Included are ready-to-use forms for creating well-balanced daily, weekly and yearly physical education plans, tailored to the developmental needs of students. Specific resources for grades K-2, 3-4, 5-6, 7-9.

Cost: $42.95 non-member, $38.65 member
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

20 RECESS REVIVAL

An implementation guide assisting teachers, playground supervisors and peer leaders to promote fun and cooperative physical activity on the playground.

Cost: download for FREE at
www.mohawkc.on.ca/external/cira/home.html
Contact: Canadian Association for Health, Physical Education, Recreation and Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

21 SPORTFIT

Promotes healthy, active lifestyles through an online sport education program that matches students' personal preferences and physical attributes with winter sports. Teachers, students and parents will benefit from the SportFit Resource Centre, a source for education resources, and physical activity and sport information promoting healthy, active lifestyles. A 2010 LegaciesNow Society initiative.

Cost: FREE
Contact: SportFit Team
604-738-2468 or 1-800-565-7727
psap@jwsporta.ca www.sportfitbc.com

22 WAY TO GO! SCHOOL PROGRAM

This program develops traffic safety awareness and promotes alternative transportation (walking, cycling, carpooling, transit) to elementary and middle schools. Sponsored by the Autoplan Brokers of BC – insuring a safer BC. Toolkit provides a variety of strategies for addressing transportation concerns.

Cost: FREE in BC; by request in other provinces
Contact: Way to Go! School Program
604-732-1511 or 1-877-325-3636
waytogo@telus.net www.waytogo.icbc.bc.ca

23 ZANY ACTIVITIES WITH PANTY HOSE, BOXER SHORTS AND LEOTARDS

Improvisation ideas suitable for all age groups. Activities include promotions, group development, challenges, tag games, relays, target games and team activities.

Cost: $12 non-members, $10 members
Contact: Canadian Association for Health, Physical Education, Recreation and Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

Movement

24 AWESOME ASPHALT ACTIVITIES

Full of activities to be played on asphalt, blacktop or tarmac surfaces; complete with markings. Includes hopscotch, four square, skipping, wall and line games.

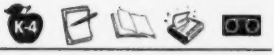
Cost: $25 non-members, $20 members
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

25 BOUNCEBALL

Created in BC, this innovative team sport requires a high level of participation from all players while teaching cooperation, problem solving and sporting spirit. Instructional set includes manual and teaching video.

Cost: $30
Contact: Bounceball Sports
604-552-1104
bounceball@look.ca

26 CHILDREN IN SPORT: A Fundamental Skill Development Program



Emphasizes the need to build fundamental skills to encourage life-long participation, and before entering competitive sport. Program materials include parent, teacher and sport leader guides; a video; and promotional materials.

Cost: download for FREE, hardcopy prices vary
Contact: Sask Sport Inc.
306-780-9300
sasksport@sasksport.sk.ca
www.sasksport.sk.ca

27 CO-ED RECREATIONAL GAMES

This book provides more than 200 fun games that maximize physical activity time while helping students drop their inhibitions, put aside their worries, and just play. Features games that accommodate students of all ages and skill levels so everyone can enjoy participating. Can be used for physical education or intramurals.

Cost: $29.95
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

28 GAME ON!

A collection of 77 games with suggestions to unite groups and promote active fun. Ball games, playground games, and group activities for all ages offer a variety of healthy options to achieve specific curriculum goals.

Cost: $26.95
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

29 GATOR GAMES

Contains forty games for use in physical education, intramurals or playground programs. Gator Skin balls are adaptable, affordable, lightweight and available in a variety of sizes enabling children to learn motor skills without fear of the ball. Specific activities include icebreakers, team, tag, mass and dodgeball games.

Cost: $20 non-member, $15 member
Contact: Canadian Association for Health,
Physical Education, Recreation and Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

30 GYM RIOT

An event designed to enhance school spirit, Gym Riot can involve any number of teams and students. Every aspect of the event is explained in detail, including clear instructions, promotion ideas, and diagrams for 30 games.

▸ NOTE: A Gym Riot for grades 7-12 is also available from CAHPERD.

Cost: $19.95
Contact: Canadian Association for Health, Physical Education,
Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

31 HAND, PADDLE & RACQUET-TYPE GAMES

Hand, paddle and racquet-type games involve learning activities and games to develop hand-eye coordination. The resource includes teaching tips, lesson plans, and game overviews.

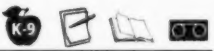
Cost: $11.75 non-members, $10.55 members
Contact: Canadian Association for Health,
Physical Education, Recreation and Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

32 INTER-LACROSSE

Introduce students to Canada's national summer sport. Inter-Lacrosse is founded upon the values of respect, movement, communication and adaptability. Resource package includes an introduction to inter-lacrosse, warm-up activities, lessons, drills and games, and an introductory video.

Cost: FREE
Contact: Sean Dukes, BC Lacrosse Association
604-421-9755
info@bclacrosse.com
www.bclacrosse.com

33 JUMP2bFIT



A rope skipping activity and fitness program designed to improve fitness, skill development, team-work, leadership skills, and self-esteem. Program package includes instructor manual, video, music CD, one skipping rope, and a sample student activity booklet.

Cost: $39.95 non-member, $35.95 member
Contact: Canadian Association for Health,
Physical Education, Recreation and Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

34 KANGA BALL

A unique, modified form of cricket offering fun, action and equal participation. Easy to set up, and with simple rules, Kanga Ball can be played on any indoor or outdoor level surface. Suitable for co-ed physical education, intramural play, interschool competition, or informal play. Manual includes age-targeted lesson plans and adaptations.

Cost: $6
Contact: Top Gear Sports/Model Craft Inc.
604-437-1166
info@modelcraft.com

35 KEEPING KIDS ACTIVE RESOURCE

A resource kit of physical education lesson ideas and alternative equipment (scarves, yarn balls, frisbees, ribbon wands, etc.) provided by the Saskatchewan Physical Education Association. Activity suggestions are provided for in-class or outdoor participation, and for individual, dual or group games. Designed to complement the Saskatchewan curriculum.

Cost: Schools are responsible for kit's transportation to next school.
Contact: Saskatchewan Physical Education Association
306-656-4423
s.p.e.a@sk.sympatico.ca www.speaonline.ca

36 KIN-BALL

Created in Canada, Kin-Ball promotes cooperation, fairplay and teamwork. Instructional manual provides information about tactics, refereeing and technique. Video introduces the sport and teaches the basics of the game to get students active.

Cost: Instruction manual $12.49 Video $19.99
Contact: Canadian Association for Health,
Physical Education, Recreation and Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

▸ NOTE: Contact CAHPERD about purchasing Kin-Balls for your school.

37 MISCELLANEOUS TEACHING VIDEOS

Learn to Play Disc Golf with John Houck ■ Play Ultimate ■ What is Ultimate? All Welcome – Introduction to Orienteering ■ Judo Just Do It! – Introduction to Judo ■ Rock Talk – Introduction to Curling

Cost: prices vary, some videos available on loan
Contact: p.s.a.p. Team
604-738-2468 or 1-800-565-psap
psap@jwsporta.ca www.psap@jwsporta.ca

▸ NOTE: For more videos contact specific sport organizations in your province (see pages 67-68).

38 P.S.A.P. – TEACHING THE BASICS

A physical education resource program designed to help teachers and instructors teach children their basic sport skills. Fourteen sport specific manuals (for badminton, basketball, curling, disc sports, field hockey, golf, gymnastics, ice skating, judo, orienteering, soccer, softball, track & field, and volleyball) provide detailed lesson plans, skill breakdowns, warm-ups and cool-downs, and lots of supplementary drills, games, and activities. Skill poster sets provide skill cue reminders and brighten up the gymnasium, classroom or hallway. Personal goal-setting crests for each sport motivate students to master their skills and assist instructors with skill development assessment, all within a skills challenge framework. Contact the p.s.a.p. Team about physical education workshops and presentations.

▸ NOTE: Recommended learning resources in BC, AB, SK and MB.

Cost: BC Schools: Manuals $10, poster sets $4-$10, crests FREE
Outside BC: Manuals $14.50, poster sets $6-14, crests $1

Contact: Premier's Sport Awards Program (p.s.a.p.)
604-738-2468 or 1-800-565-psap
psap@jwsporta.ca
www.psap.jwsporta.ca

39 A QUALITY APPROACH TO PRIMARY PE

Designed to enhance learning opportunities in physical education for primary grades. A planning guide and specific resources for dance, games and gymnastics are available.

Cost: prices vary

Contact: British Columbia Teachers' Federation
Lesson Aids Service
604-871-2283 or 1-800-663-9163
lacatalogue@bctf.ca
www.bctf.ca/LessonAids/

40 RUN, JUMP, THROW

Organized into run, jump and throw sections and sorted by age, this resource is filled with activities to match each stage in a child's development. Skills are shown progressively in lesson plan format.

Cost: $19.99 non-members, $17.99 members
Contact: Canadian Association for Health,
Physical Education, Recreation and Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

41 SCOOPBALL

Scoopball games involve learning activities and games that develop hand-eye coordination. Resource includes teaching tips, lesson plans, and game overviews. Bring out the scoops for a fun and unique indoor or outdoor activity.

Cost: $11.75 non-members, $10.55 members
Contact: Canadian Association for Health,
Physical Education, Recreation and Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

42 TEACHING THE NUTS AND BOLTS OF PHYSICAL EDUCATION

Emphasizes the need to provide children with "building blocks" for participation. Many features to help make teaching skills fun and hassle-free including lesson plans, worksheets, troubleshooting charts, and illustrations.

Cost: $42.95
Contact: Human Kinetics Publishers
1-800-465-7301
www.humankinetics.com

43 TENNIS BC SCHOOL PROGRAM

An in-school tennis program featuring Tennis Canada's Action Method: no one ever stands around – everyone moves the whole time! Includes four sessions during regularly scheduled physical education with a certified instructor; all equipment provided.

Cost: $8/student or $25/student including a Wilson Jr. racquet
Contact: Jeff Player, Tennis BC
604-737-3123
jplayer@tennisbc.org

44 UP DOWN ALL AROUND

Ready to use lesson plans for gymnastics that are "teacher friendly". An emphasis on six key movement patterns enables students to develop life-long body management skills and confidence at mastering the movement of their own bodies. Specific resources for grades 1-2, 3-4, 5-6.

Cost: $22.50 each
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

45 YOU'RE IT! TAG, TAG . . . AND MORE TAG

Over 90 traditional, line and crossing tag games that children and youth will enjoy and play over and over again. Each chapter, explores a new and exciting way for children to be physically active while developing skills, teamwork, cooperation and sharing at the same time.

Cost: $20 non-member, $15 member
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

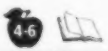
Cycling

46 BIKE SMARTS

Helps teachers improve the safe cycling knowledge, skills and attitudes of children. Instructors with little or no background can assist children to learn safe cycling skills that convert into lifetime habits. Lesson plans are based on solid learning principles and curriculum learning outcomes.

Cost: download for FREE
Contact: Insurance Corporation of British Columbia
www.icbc.com/Communities/roadsense_kids.html

47 FROM A TO Z BY BIKE



Provides information to teach children safe cycling, to wear helmets, and to apply good judgment to potentially dangerous traffic situations. Dictionary format provides quick access to important information.

▸ NOTE: Resource targeted for grades 4-6, but appropriate for grades K-8.

Cost: $1 per book, bulk quantities available
Contact: Roma Dehr, AMC Media
604-736-6931
AMCmedia@axionet.com www.AMCmedia.net

48 SPROCKIDS – THE TWO-WHEELED APPROACH TO BUILDING SELF-ESTEEM

Students will learn bike maintenance, riding techniques and skills; and about safety, health, nutrition, and fitness. The Sprockids' philosophy is to involve young people in a healthy, life long activity, while teaching skills and values that will allow them to experience personal success on a variety of levels.

▸ NOTE: Created in Gibsons BC by elementary school teacher Doug Detwiller.

Cost: $75 US includes 285 page instructional manual and CycleSmarts Road Safety CD ROM
Contact: International Mountain Bicycling Association
303-545-9011 ext.115
brandon@imba.com www.imba.com/sprockids

Dance

49 CAN YOU SPEAK DANCE?

A handbook and videotape provide a foundation for a quality dance program. Observe lessons used successfully in the classroom, and create dance units that can be integrated with other curriculum areas.

Cost: $96.30
Contact: Continuing Studies & Education, University of Victoria
250-721-6570
jwooley@uvcs.uvic.ca

50 DANCES EVEN I WOULD DO

Provides over 50 dances in the areas of folk, mixers, novelty, singing games and special occasions. Can be used in physical education classes or school-wide events. Detailed descriptions of each dance with suggested songs are provided. Dances are co-educational and multi-cultural.

Cost: $25 non-members, $20 members
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

51 ENERGY BLASTS

65 one minute and fifteen second dance clips to get students up and having fun in the classroom. Each "Blast" teaches one simple dance move in one of four genres: African, Latin, Aerobic and Athletic. Features BC's Judy Howard and urges students to keep active by having fun with their friends.

Cost: Call for pricing and delivery costs
Contact: Engage Communications Inc.
604-874-7700
info@engageinc.ca

▸ NOTE: Six Energy Blasts are available online at www.base9studios.com/energyblast.

52 FIT KIDS CLASSROOM WORKOUT

Re-energize your students with these fun, contemporary dance routines! A pedagogically sound video that can be used in any school space, anytime, any day. Includes four 5-minute and two 10-minute workouts, along with six brief "healthy messages".

▸ NOTE: Created by BC elementary school teacher Judy Howard.

Cost: $47.95
Contact: Human Kinetics Publishers
1-800-465-7301
www.humankinetics.com

53 MULTICULTURAL FOLK DANCE TREASURE CHEST

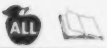
Featuring 18 authentic ethnic dances, this complete teaching resource consists of two volumes, each containing an instructional video, a printed guide with valuable teaching tips, and music. Suggestions for linking physical education with other subjects is also provided.

Cost: $142.50 non-members, $128.25 members
Contact: Canadian Association for Health,
Physical Education,
Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

▸ NOTE: Individual volumes available from Human Kinetics Publishers www.humankinetics.com.

54 STEP LIVELY: Dances for Schools and Families

55 STEP LIVELY 2



Two collections of dances from traditions such as folk dancing, square dancing, contra dancing and singing games. Designed for use by generalist leaders, the books feature illustrations and clear, explicit instructions. Includes a section for teachers on expanding dance into other curriculum areas. Includes a music CD.

Cost: $39.95 non-member, $35.95 member
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

Inclusion

56 GAMES FOR PEOPLE WITH SENSORY IMPAIRMENTS

A practical reference providing teachers with 70 ready-to-use games that people with sensory impairments – both visual and hearing – can play. Games are easily selected and modified for players of all ages and ability levels. Appropriate for people without disabilities as well, enabling them to have fun while appreciating the challenges often faced by persons with disabilities

Cost: $29.95 non-member, $26.95 member
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

57 INCLUSION OF STUDENTS WITH SPECIAL NEEDS IN PHYSICAL EDUCATION

Outlines strategies and suggestions for physical education activities allowing all students to be included in physical education, regardless of their abilities. Concepts of inclusion and integration are clarified and components and features of an inclusive physical education programs are described.

Cost: $7
Contact: British Columbia Teachers' Federation Lesson Aids Service
604-871-2283 or 1-800 663-9163
lacatalogue@bctf.ca www.bctf.ca/LessonAids/

58 MOVING TO INCLUSION

Designed for teachers and community leaders, this series of 9 disability specific resource provides a practical approach to the inclusion of young people with different types of disabilities in physical activity programs. Each resource provides modifications for assessment, equipment and rules, instructional strategies, and learning objectives.

▸ NOTE: Visit the Active Living Alliance's website for more inclusion resources.

Cost: download abridged versions FREE
Contact: Active Living Alliance for Canadians with a Disability
1-800-771-0663
info@ala.ca www.ala.ca

59 WHEELCHAIR SPORTS: Teaching Resource

A handbook to help teachers make physical activity a priority for everyone inside and outside of the classroom with a special focus on wheelchair sports.

Cost: $10
Contact: BC Wheelchair Sports Association
604-737-3090 or 1-877-737-3090
info@bcwheelchairsports.com
www.bcwheelchairsports.com

Personal & Social Responsibility

60 ESTEEM TEAM

A national role model program that uses high performance athletes to inspire and educate Canadian youth. Esteem Team athletes provide tangible examples of life skills, values and goal-setting strategies that apply to all young people, no matter what they hope to achieve.

Cost: presentations start at $150
Contact: Esteem Team
604-737-3052 or 1-866-ESTEEM1
info@esteemteam.com
www.esteemteam.com

61 PLAYGROUND LEADERSHIP PROGRAM

A child and youth led approach to creating safe spaces to play. Program promotes active living, respect for others, and safe play while developing students' leadership skills.

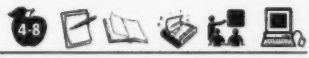
Cost: $27.50 non-members, $25 members
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

62 QUALITY SCHOOL HEALTH

Promotes a comprehensive approach to school health and includes considerations for curriculum connections, school environment, community support and school services.

Cost: download resources for FREE
Contact: Canadian Association for Health,
Physical Education, Recreation and Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

63 RICK HANSEN MAN IN MOTION FOUNDATION



Foundation's vision is a world in which kids and youth are motivated and capable to make a difference in the lives of others. Use Rick Hansen's story to motivate, inspire and educate your students. Initiatives and resources include the Rick Hansen Awards Program, the Kids in Motion website, new lesson plans for grades 4-8, the Wheels in Motion Campaign, and two books co-authored by Rick Hansen himself.

Contact: Rick Hansen Man In Motion Foundation
604-822-4433 or 1-800-213-2131
www.rickhansen.org www.rickhansenkids.org

64 STUDENT LEADERSHIP DEVELOPMENT PROGRAM

Resources designed using the "for-youth-by-youth" philosophy to teach participants to plan, organize and operate their own intramural and recreation programs with increasing autonomy, while developing leadership skill. Guides for elementary and secondary levels.

Cost: $35 non-members, $30 members per resource
Contact: Canadian Association for Health,
Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

Gender Equity

For gender equity workshops contact CAAWS, the Canadian Association for the Advancement of Women and Sport and Physical Activity; or proMOTION plus, the BC organization for girls and women in physical activity and sport.

65 GENDER EQUITY THROUGH PHYSICAL EDUCATION

Publication provides definitions and discussion about the importance of gender equity: practical ideas for teachers, students, administrators, trustees and parents; a "thoughtful language" reference list; and checklists that outline strategies for action.

Cost: $17.25 non-members, $14.95 members
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

66 GIRLS AND BOYS IN ELEMENTARY PHYSICAL EDUCATION: Issues & Action

A series of frequently asked questions and perceptions shared by teachers and students regarding girls' participation in elementary physical education. Real life scenarios are included with each question, followed by theoretical to practical actions for teachers or students to implement.

Cost: $16.95 non-member, $15 member
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

67 GIRLS IN ACTION . . . SPEAKING OUT

Developed for use by teachers and leaders working with adolescent girls. This guide provides discussion tools to help teachers and girls approach the issues that impede or discourage them from participating in physical education. Each package includes a video, leader's guide and poster.

Cost: $26 non-member, $23.40 member
Contact: Canadian Association for Health,
Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

68 GIRLS IN ACTION . . . PEER FACILITATOR'S GUIDE

This "teen to teen" resource helps teenagers engage younger students in the topic of gender equity in physical education. It is an excellent leadership resource that enables students to interact with peers and younger students to motivate participation in physical activity.

Cost: $10 non-member, $8 member
Contact: Canadian Association for Health, Physical Education,
Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

▸ NOTE: Purchase both Girls In Action... resources for $30 non-members, $26.50 members.

69 MAKING AN INFORMED DECISION ABOUT GIRLS' PARTICIPATION ON BOYS' TEAMS

An informative resource that offers options and advice to aid in the decision-making process.

Cost: $10
Contact: Canadian Association for the Advancement
of Women and Sport and Physical Activity
613-562-5667
caaws@caaws.ca www.caaws.ca

70 ON THE MOVE

A national initiative to increase opportunities for girls and young women to participate and lead in physical activity and sport. The OTM Handbook discusses the issues surrounding girls' and young women's participation in physical activity, highlights successful OTM programs from across Canada, and provides programming tips and implementation suggestions. A network of teachers and programmers across Canada is coordinated and serviced by CAAWS.

▸NOTE: Contact CAAWS for On the Move workshop and presentation information.

Cost: Handbook $10,
network membership FREE
Contact: Canadian Association for the
Advancement of Women and
Sport and Physical Activity
613-562-5667
caaws@caaws.ca
www.caaws.ca

71 PHYSICAL EDUCATION: A Positive Place to Learn – Tips for Teachers

Aims to encourage girls and young women to stay involved in physical education classes. Assists teachers in creating environments in which female students feel safe, find value and feel valued.

Cost: $10 non-members, $8 members
Contact: Canadian Association for Health, Physical Education,
Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

72 WOMEN IN COACHING PROGRAM

A national campaign to increase the number of coaching opportunities for women at all levels of sport. Resources include professional development scholarships, apprenticeship programs, mentoring, and the Canadian Journal for Women in Coaching – a FREE online publication.

Contact: Women in Coaching Program, Coaching Association of Canada
613-235-5000 ext.2386
www.coach.ca/women

Heart Health

73 HEARTSMART KIDS PROGRAM

Curriculum based activities related to three heart health themes: healthy eating, active living, and living smoke-free. Activities can stand alone or be used sequentially. Program includes an educator's guide, student magazines, and workshop participation. There is also a new Heartsmart Kids Program for Aboriginal Students (grades 4-8).

Cost: FREE with workshop participation
Contact: Heart and Stroke Foundation of BC & Yukon
604-736-4404 or 1-888-473-4636
www.heartandstroke.ca

74 HOOPS FOR HEART

75 JUMP ROPE FOR HEART

These two in-school programs combine cardiovascular fitness with fun, while raising funds for the Heart & Stroke Foundation. Students are taught to care for their hearts through fitness and heart health education. Participating schools receive FREE heart health teaching resources.

Cost: FREE fund raising package with event registration
Contact: Heart & Stroke Foundation of Canada
1-888-473-4636
www.heartandstroke.ca

▸ NOTE: Visit the Heart and Stroke Foundation website for additional resources and provincial contact info.

Nutrition

76 101 MOST ASKED NUTRITION QUESTIONS

This book discusses nutritional concerns and provides inspiration for fitting smart eating into hectic lives. A great resource for teachers and students by BC-based registered dietitian and sport nutritionist Patricia Chuey.

Cost: $24.95
Contact: Eating For Energy
604-739-3290
eatingforenergy@telus.net www.eatingforenergy.com

77 BONE ZONE

Three video vignettes and a teacher guide with student activities to help students learn how to build healthy bones through calcium intake and exercise.

▸ NOTE: Visit the BC Dairy Foundation's website for other educational resources and programs.

Cost: $15
Contact: Nutrition Educator, BC Dairy Foundation
604-294-3775 or 1-800-242-MILK
nutrition@bcdf.ca www.bcdairyfoundation.ca

78 EAT WELL & KEEP MOVING
79 PLANET HEALTH

Two interdisciplinary physical activity and nutrition curricula aimed at building a foundation for active living among students. Eat Well & Keep moving is for grades 4-5. Planet Health is for grades 6-8. Both include lesson plans, curriculum connections, and plenty of tools to promote active living messages to students, parents and administrators.

▸ NOTE: For more information visit the programs' website at www.hsph.harvard.edu/prc.

Cost: $66.95 each
Contact: Human Kinetics Publishers
1-800-465-7301
www.humankinetics.com

80 MISSION NUTRITION

An educational program designed to promote healthy growth and development in Canadian children. Teacher's guide to help teach students about self-esteem, body image, nutrition and physical activity.

▸ NOTE: Visit the Dietitians of Canada's website site at www.dietitians.ca for more information about nutrition and physical activity.

Cost: download for FREE
Contact: Dietitians of Canada
www.missionnutrition.ca

81 PASSPORT TO HEALTHY LIVING

A six lesson personal planning unit integrating physical activity, nutrition and environmental awareness to challenge students to take responsibility for their own health.

▸ NOTE: Visit the BC Dairy Foundation's website for other educational resources and programs.

Cost: $10 with FREE workshop
Contact: BC Dairy Foundation
604-294-3775 or 1-800-242-MILK
nutrition@bcdf.org
www.bcdairyfoundation.ca

82 PROJECT APEX

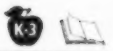
A nine lesson, cross-curricular program with a specific focus on achieving gradual lifestyle improvements in healthy eating and physical activity.

▸ NOTE: Some resources available for FREE download.

Cost: FREE with workshop attendance.
Contact: Teach Nutrition
info@teachnutrition.org
www.teachnutrition.org

Safety & Injury Prevention

83 KIDESTRIANS



A basic introduction to traffic safety for children of all ages administered by teachers or community members. Through a series of exercises, traffic safety is taught on the sidewalk rather than in the classroom.

Cost: $2 per booklet or $1500 for license fee
Contact: Trauma Prevention Council
905-528-8300
ddavenport@skylinc.net
www.traumaprevention.ca

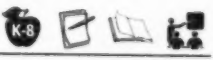
84 STAY ALERT . . . STAY SAFE

Aims to make children and adults aware of and alert to potential dangers by building situation understanding and increasing children's confidence in handling these situations. Teachers' Guide has seven chapters of creative classroom activity ideas.

▸ NOTE: The SASS website has additional teaching resources, and an interactive site for students.

Cost: download for FREE
Contact: Stay Alert . . . Stay Safe
1-800-301-SASS
sass@ca.inter.net www.sass.ca

85 THINK FIRST FOR KIDS



Resources to increase understanding of the brain and spinal cord, pedestrian and vehicular safety, cycling safety and others. Lessons are enhanced by presentations by community resource personnel, representatives from provincial ThinkFirst chapters, or injury survivors. Specific resources for K-6, 7-8.

Cost: FREE across Canada
Contact: ThinkFirst Foundation of Canada
1-800-335-6076
thinkfirst@netrover.com www.thinkfirst.ca

Self-Esteem & Body Image

86 BODY THIEVES: Help Girls Reclaim Their Natural Bodies and Become Physically Active

The newest book by Vancouver-based educator, therapist and consultant Sandy Friedman. Addresses physical activity promotion, self-esteem development, and eating disorder/obesity prevention in a practical, easy to read book for teachers and parents. Find out more about Sandy's other books on the proMOTION plus website.

Cost: $19.95
Contact: proMOTION plus
604-737-3075 or 1-877-55-PROMO
office@promotionplus.org www.promotionplus.org

87 EVERY BODY IS A SOMEBODY

An active learning program to promote positive self-esteem, healthy eating and an active lifestyle for female adolescents. This facilitator's guide is designed to help teachers and practitioners initiate discussions among young people about factors that influence body image.

Cost: $29 in ON, $32 out of province
Contact: Body Image Coalition of Peel
905-791-7800 ext.2702
info@bodyimagecoalition.org
www.bodyimagecoalition.org

88 SELF-ESTEEM, SPORT AND PHYSICAL ACTIVITY

A common sense guide to enhancing self-esteem in children and youth.

Cost: $10
Contact: Canadian Association for the Advancement of Women and Sport and Physical Activity
613-562-5667
caaws@caaws.ca www.caaws.ca

Smoking Prevention & Cessation

89 ACTION
Alcohol, Cannabis and Tobacco health promotION project for youth

Program to prevent the use and abuse of alcohol, cannabis and tobacco by youth. Tools and information provided include lesson plans and assessment materials, curriculum links, and activity sheets.

Cost: FREE registration
Contact: Ontario Physical and Health Education Association
416-426-7120
action@ophea.net
www.moreaction.org

90 EVENING THE ODDS: Adolescent Women, Tobacco and Physical Activity

Discusses the role of tobacco in the lives of young women, and argues physical activity as an alternative. Provides strategies for taking action.

Cost: $10
Contact: Canadian Association for the Advancement of Women and Sport and Physical Activity
613-562-5667
caaws@caaws.ca
www.caaws.ca

91 HEALTH IN PERSPECTIVE (HIP)

Teaches critical life skills using a peer-teaching "for youth by youth" approach to help young females develop healthy and active lifestyles. The focus is on smoking prevention and cessation through active living, respect for the environment, and understanding positive ways to deal with stress.

Cost: $32 non-members, $28 members
Contact: Canadian Association for Health,
Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

92 LUNGS ARE FOR LIFE

A smoking prevention and cessation program providing students with information on the health and social consequences of smoking. Resources for teachers include lesson plans, assessment and evaluation tools, a resource list, and curriculum connections.

Cost: download for FREE; inside ON hardcopies free by mail,
outside ON hardcopies $25/module
Contact: Ontario Lung Association
1-800-972-2636
olalung@on.lung.ca
www.on.lung.ca

▸ NOTE: Visit the Canadian Lung Association's website at www.lung.ca for additional teaching resources.

Teacher Education

93 ABCD'S OF MOVEMENT

Alberta's grade-specific physical education curriculum support resources, relating to the curriculum's general outcomes: **A**ctivity, **B**enefits health, **C**ooperation, **D**o it daily, for life. Each manual contains lessons and support resources to teach a complete year of physical education.

Cost: $58 per manual
Contact: Alberta Learning Resources Centre
780-427-5775
www.lrc.learning.gov.ab.ca

94 ACTIVE LIVING

A bimonthly publication of resources, ideas, books, community program profiles, discussion of ideas and more for fitness, health, physical education and recreation professionals.

Cost: $35 for 6 issues
Contact: The Fitness Report
705-445-4968
active@bconnex.net

95 AVANTE

A bilingual research periodical designed to stimulate and communicate Canadian research and critical thought on issues pertaining to the fields of health, physical activity, sport, physical education, recreation, leisure, dance and active living. Published three times per year in print and electronic format.

Cost: $75 for subscription and enhanced CAHPERD membership
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

96 BEST PRACTICES GUIDE

Written to support teachers in creating safe and positive physical education learning environments. Provides information related to risk management for each of BC's five movement categories (games, dance, gymnastics, individual and dual activities, alternative environment activities).

▸ NOTE: An AB resource can be downloaded from www.med.ualberta.ca/acicr.

Cost: download for FREE
Contact: Physical Education Provincial Specialist Association of BC (PEPSA BC)
www.bctf.bc.ca/PEPSA

97 HIGH FIVE

Designed to support the safety, well-being and healthy development of children in physical activity programs. HIGH FIVE provides parents, teachers and practitioners with tools, training and resources that promote and support the principles of healthy child development.

Cost: prices vary, some resources available for FREE download
Contact: HIGH FIVE
416-426-7286
highfive@prontario.org
www.highfive.org

▸ NOTE: **HIGH FIVE Provincial Affiliates**

British Columbia Recreation & Parks Association
604-273-8055 bcrpa@bcrpa.bc.ca

Saskatchewan Parks & Recreation Association
306-780-9231 office@spra.sk.ca

Recreation Nova Scotia
902-425-1128 highfive@sportns.ns.ca

Newfoundland & Labrador Parks/Recreation Association
709-729-3892 nlpra@sportnf.com

98 INTERDISCIPLINARY TEACHING THROUGH PHYSICAL EDUCATION

Twenty complete, ready-to-use learning experiences and more than 150 additional ideas for integrating physical education with math, science, language arts, social studies and the arts.

Cost: $46.50 non-members, $41.85 member
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

99 KIDSPORT™

A fund established to help overcome financial hardships that prevent some children from participating in sport. Contributions of up to $100 can be made towards a child's sport registration fees on the advice of a school principal, recreation professional, or social worker. Contact the national office or visit the website for provincial chapter contact information.

Contact: KidSport National Office
416-426-7353
www.kidsport.ca

100 MAKING THE CASE FOR PHYSICAL EDUCATION IN CANADA

Provides up-to-date statistics and information on physical activity and how it relates to the health of Canadian children and youth. Includes information on the important role school-based physical activity programs can play in developing a foundation for healthy, active living.

Cost: download for FREE
Contact: Canadian Association for Health,
Physical Education, Recreation and Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

101 OPEN YOUR MIND. OPEN THEIR LIVES. THE NATIONAL YOUTH AT-RISK PILOT PROJECT RESOURCE COLLECTION.

Provides information and tools required to plan and implement sustainable and multi-sectoral programs for youth at-risk. Resources include an evaluation summary, highlights for decision-makers, success stories, and a presentation kit.

Cost: $70 non-members, $50 CPRA member
Contact: Canadian Parks and Recreation Association
613-523-5315
cpra@cpra.ca
www.cpra.ca

102 PE DIGEST

A quarterly magazine that provides the latest ideas, tips, coaching cues and research on sport, fitness and physical education topics from around the world. It's quick and easy to read, and very practical.

Cost: $24 for a quarterly subscription
Contact: PE Digest
coach@pedigest.com
www.pedigest.com

103 PE-4-ME: Teaching Lifelong Health and Fitness

A blueprint for a unique program that integrates physical activity with movement concepts, social skills, stress reduction, nutrition, school safety, and drug resistance education.

Cost: $38.95
Contact: Human Kinetics Publishers
1-800-465-7301
www.humankinetics.com

104 PHE JOURNAL

Features practical articles dealing with school physical education, active living, fitness, health education, professional development, dance, etc. Introduces readers to issues that shape the health and physical education profession. Published quarterly.

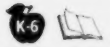
Cost: $20 for subscription and basic CAHPERD membership
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

105 PHYSICAL EDUCATION METHODS FOR CLASSROOM TEACHERS

A resource for generalist teachers to develop a realistic and workable approach to teaching physical education. The book includes game, activity and lesson ideas, curriculum connections, tips for including students with varying skill levels and abilities, and forms for evaluation.

Cost: $48.50
Contact: Human Kinetics Publishers
1-800-465-7301
www.humankinetics.com

106 PHYSICAL EDUCATION TIPS FROM THE TRENCHES



A lighthearted resource that presents 83 solutions to real-world obstacles that confront every elementary physical education teacher.

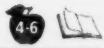
Cost: $29.95
Contact: Human Kinetics Publishers
1-800-465-7301
www.humankinetics.com

107 READY-TO-USE P.E. ACTIVITIES

More than 1,600 success-oriented activities help children improve physical fitness and develop social interaction skills, fair play and self-esteem. Included are ready-to-use forms for creating well-balanced daily, weekly and yearly physical education plans, tailored to the developmental needs of students. Specific resources for grades K-2, 3-4, 5-6, 7-9.

Cost: $42.95 non-member, $38.65 member
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

108 RIGHT FIELDERS ARE PEOPLE TOO



Helps physical education teachers establish and maintain a positive learning environment allowing students to work to their potential. The inclusive, developmentally appropriate program described helps students feel comfortable in class and develop a positive attitude toward physical activity.

Cost: $29.95 non-members $26.95 members
Contact: Canadian Association for Health, Physical Education, Recreation & Dance
613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

109 SCHOOLS COME ALIVE

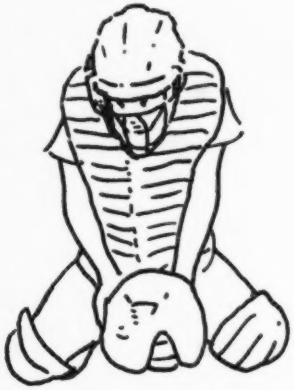
An Alberta-based program providing education and resources focused on increasing physical activity and promoting healthy, active lifestyles. A number of in-service workshops are available for staff meetings, professional development days, student groups, and parent council meetings. The program's newsletter, Active, is published 3 times/year and distributed to all AB schools, and will soon be available online.

Cost: prices for resources and workshops vary
Contact: Schools Come Alive
780-454-4745
diane@schoolscomealive.org
www.schoolscomealive.org

110 SPORT RESOURCE CATALOGUE FOR TEACHERS AND SCHOOL COACHES

A bi-annual publication for teachers and school coaches containing technical resource lists and information from provincial sport and multi-sport organizations for many sports taught or coached in schools.

Cost: FREE for member Schools, $5 non-members
Contact: BC SCHOOL SPORTS
604-737-3066
info@bcschoolsports.com
www.bcschoolsports.com



Coaching

111 CANADIAN JOURNAL FOR WOMEN IN COACHING

A FREE online journal providing timely, accurate and targeted information with the goal of creating a positive environment for women to pursue careers at all levels of coaching across Canada. Tackles pertinent issues and provides practical, hands-on and proactive tips and suggestions on a variety of topics.

Cost: FREE online subscription
Contact: Women in Coaching Program,
Coaching Association of Canada
613-235-5000 ext.2386
www.coach.ca/women

112 COACH REFLECTIONS

An interactive workbook to help coaches at any level develop happy, skilled and confident athletes. Includes a practice planner, goal setting charts for athletes, certificates of achievements, inspirational messages, and tips on communicating effectively with parents and athletes. Reflection Exercises help identify coaching strengths and goals.

▸ NOTE: For provincial HIGH FIVE contacts see pg. 41.

Cost: $23.95
Contact: HIGH FIVE
416-426-7286
highfive@prontario.org
www.highfive.org

113 EVERY COACH'S PLANNER AND IDEA BOOK

Generic coaching book full of ideas to make your lesson or practice fun-filled and action packed. Key areas include: stretching techniques, practice plans, worksheets, medical profile forms and fair play codes; and lots of ideas for games, relay races, combatives and mini-Olympics.

Cost: $26.75
Contact: Chris Johnson, Physical Education & Recreation Consulting Services
604-531-0720
c_johnson@douglas.bc.ca

114 FAIR PLAY FOR KIDS

A handbook of activities designed to help children learn moral judgment and fair play values. The Fair Play Kit contains a brochure for parents and program manuals for coaches, officials, recreation directors and league organizers.

▸ NOTE: Some resources available for download at www.spiritofsport.ca.

Cost: Handbook $19.95, Kit $16.95
Contact: Canadian Centre for Ethics in Sport
1-800-672-7775
info@cces.ca www.cces.ca

115 3M NATIONAL COACHING CERTIFICATION PROGRAM (3M NCCP)

A five-level educational program for coaches of all levels in over 60 sports. The program covers the theoretical, technical and practical components of coaching.

▸ NOTE: Courses are organized provincially – visit the Coaching Association of Canada website for links to contacts in your province.

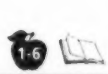
Contact: Coaching Association of Canada
613-235-5000
coach@coach.ca www.coach.ca

116 SPORT SAFE GUIDES

Creating a safer place for our children to play is everyone's responsibility. The Sport Safe Guides identify the many forms that harassment or abuse can take, how to recognize abusive situations, and where to turn if harassment or abuse is suspected. Resources available: Sport Safe Volunteer Screening Model, Coach's Game Plan, Parent's Contract, Dealing with Harassment and Abuse: A Guide for Parents.

Cost: FREE in BC; by request outside BC
Contact: Sport BC
604-737-3005
info@sport.bc.ca
www.sport.bc.ca

117 STRAIGHT TALK ABOUT CHILDREN AND SPORT: Advice for Parents, Coaches, and Teachers



Offers comprehensive yet straightforward responses to 72 of the most pressing questions around children's involvement in sport. Information on sport medicine, nutrition, physical education, sport psychology, physiotherapy, and coaching.

Cost: $11.95
Contact: Coaching Association of Canada
613-235-5000
coach@coach.ca
www.coach.ca

Active School Initiatives

If you know of or are involved in an "active school initiative" in your community, we want to hear about it! Please contact the p.s.a.p. Team at 604-738-2468 or 1-800-565-psap, or by email at psap@jwsporta.ca.

BC

118 ACTION SCHOOLS! BC

Action Schools! BC is a best practices physical activity initiative designed to assist elementary schools in creating individualized action plans to promote healthy living. Action is targeted in six "Action Zones": school environment, scheduled physical education, classroom action, extra-curricular, family and community, and school spirit. Now in its pilot phase, a provincial launch is planned for January 2004.

Contact: Action Schools! BC Support Team
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca www.actionschoolsbc.ca

AB

119 EVER ACTIVE SCHOOLS

The purpose of this program is to encourage, identify and recognize schools that value and promote positive healthy behaviours and practices. Active living strategies are developed to promote participation based on the four Ever Active "Es": Education, Everywhere, Everyone, Environment. Registered schools benefit from a variety of support and professional development opportunities.

Contact: Ever Active Schools Program
780-454-4745
marg@everactive.org www.everactive.org

SK

120 IN MOTION

A health promotion strategy with the goal of having all citizens of Saskatoon and District make regular physical activity part of their daily lives by ingraining understanding and behaviour changes into the culture and fabric of the community. Schools across Saskatoon are implementing creative initiatives to reach the In Motion goal of providing 30 minutes of physical activity to every student every day.

Contact: 1-306-655-DO IT (3648)
inmotion@saskatoonhealthregion.ca
www.in-motion.ca

ON

121 ACTIVE SCHOOLS PROGRAM

Designed to motivate and recognize school communities-teachers, parents, students, and community leaders-for getting up, moving and making the commitment to leading active healthy lives. A six level program based on the word "ACTIVE" – Active Participation, Co-Curricular, Teamwork, Involvement, Values, and Education. Registered schools receive FREE support resources.

Contact: Ontario Physical & Health Education Association
416-426-7120 or 1-888-446-7432
activeschools@ophea.net
www.ophea.net

NB

122 HEALTHY SCHOOL PROGRAM

An initiative to improve the indoor and outdoor environments of schools in New Brunswick to ensure schools are a healthy, comfortable, and productive place for learning.

Contact: New Brunswick Lung Association
506-455-8961 or 1-800-565-LUNG

NS

123 ACTIVE KIDS, HEALTHY KIDS

A provincial strategy and blueprint for increasing physical activity levels and thus improving the health of children and youth. The long-term goal of the Active Kids, Healthy Kids strategy is to increase the number of children and youth who accumulate at least 60 minutes of moderate or higher-intensity physical activity on a daily basis.

Contact: www.gov.ns.ca/src/initiatives_pacy.htm

124 OUR HEALTHY SCHOOL PROGRAM

Encourages elementary schools in the community of Halifax to plan and take action to support healthy living, and to choose learning opportunities that go beyond "classroom approaches alone". Three key components: a Healthy School Team; which identifies local school health issue(s); an easy-to-use directory of resources the school can use to address its identified health issue(s) and/or meet the elementary health outcomes; and a wall mural with stickers to recognize school action.

Contact: phs_school@crhb.ns.ca
www.hrsb.ns.ca/programs/ourhealthyschool

Websites

Visit the following websites for exciting internet-based learning for you and your students, and to find additional physical education resources. Don't forget, many organizations listed in the next section have great websites too!

125 www.bam.gov

A great interactive website from the US Centre of Disease Control.

126 www.brainpop.com

Short animated movies, interactive quizzes, experiments, comic strips and printable activity pages to support physical education and health curricula.

127 www.breakfastforlearning.ca

A national, non-profit organization dedicated solely to supporting child nutrition programs in Canada. Visit the website for grant information, best practices, and a list of nutrition resources.

128 www.caaws.ca

The Canadian Association for the Advancement of Women and Sport and Physical Activity's website. Up to date information on girls' and women's participation and leadership in sport and physical activity in Canada. Special Girls@Play site for girls and young women.

129 www.cahperd.ca

The Canadian Association for Health, Physical Education, Recreation & Dance's website. Information on national physical education initiatives and online catalogue of physical education, health and intramural resources.

130 www.canadian-health-network.ca

A national, non-profit, bilingual web-based health information service to help Canadians find the information they're looking for on how to stay healthy and prevent disease.

131 www.canoe.ca/SummerActive

132 www.canoe.ca/WinterActive

Seasonal campaigns to increase physical activity.

133 www.canteach.ca

A non-commercial Canadian site created to assist teachers in finding and using resources online. Loads of lesson plans, resources and links.

134 www.centre4activeliving.ca

Research, educational tools, publications and links dedicated to supporting teachers, practioners and organizations promoting healthy, active living.

135 www.cdc.gov/nccdphp/dnpa/kidswalk

Kidswalk-to-School is a community-based program that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school. The website includes background information, presentation outlines, pedestrian safety tips, and related links. Supported by the US National Center for Chronic Disease Prevention and Health Promotion.

136 www.cich.ca

The Canadian Institute of Child Health's website includes a resource list for Healthy and Safe schools.

137 www.cln.org

The Canadian learning Network's website includes physical education curriculum resources, instructional materials, and theme pages.

138 www.coa.ca

The Canadian Olympic Committee's website. Teacher resources, athlete and coach profiles, information about the history of the Olympics, links to other olympic organizations, and a site specifically for youth.

139 www.coach.ca/women

The Coaching Association of Canada's Women in Coaching program includes the Canadian Journal for Women in Coaching, links to psychology and nutrition experts, and many resources.

140 www.croquet.ca www.croquet.com

Rules, play and equipment modifications, and contacts to introduce students to croquet.

141 www.education2010.ca

Inspire students to achieve their goals with athlete biographies, videos, and links to the various educational programs, including SportFit – an online sport education program promoting healthy living. Resources include learning outcomes and curriculum connections.

142 www.freggietales.com

The promotion efforts of the "5 to 10 a day" campaign for elementary aged school children by the Canadian Produce Association. Site for educators includes lesson plans, a newsletter, and links.

143 www.hc-sc.gc.ca

The Health Canada website is a source of Canadian health and physical activity resources including the new Physical Activity Guides for children and youth. On the main site click "Just for You" for specific information for educators, kids and youth.

144 www.humankinetics.com

A publisher and distributor of physical education, activity and fitness books, videos, software and other resource.

145 www.kidshealth.org

With links to specific sites for kids, teens and parents, this site is a resource for information about active healthy living through articles, features and interactive activities.

146 www.learning.gov.ab.ca/physicaleducationonline

A database of lesson plans, link to NetSteps, a guide to physical education curriculum implementation, and links to resources for teachers through the AB Learning Resources Centre.

147 www.lin.ca

Visit the Leisure Information Network's Recreation Database for a glimpse of issues, programs and resources from across Canada.

148 www.linktolearning.com

Links to websites that support the Ontario Health & Physical Education curriculum for grades K-8.

149 www.lung.ca

The Canadian Lung Association's website includes teaching resources, student activity sheets, and links to provincial lung associations.

150 www.ophea.net

An online community committed to improving physical activity levels and overall health of children and youth. FREE registration.

151 www.paralympic.ca

The Canadian Paralympic Committee wesite. Information about past and future Paralympic Games, athlete profiles, and much more.

152 www.pecentral.org

Physial Education resources for grades K-12 including lesson plans, ready-to-print assessments, an online book and music store.

153 www.pelinks4u.org

Physcial education lesson plans, innovative ideas, discussion forums, editorials and news.

154 www.psap.jwsporta.ca

Learn more about this successful BC-based program; order p.s.a.p.'s "Teaching the Basics" manuals, skill posters, or crests; and download free physical education lesson plans and resources. Join the p.s.a.p. network and keep in the loop about p.s.a.p. and other exciting BC and Canadian Projects.

155 www.safehealthyschools.org

Lesson plans and online learning activities provided on a number of issues (safe schools, drug free schools, physical activity, healthy eating).

156 www.safekidscanada.ca

Resources for teachers to help teach injury prevention. Lesson plans, worksheets, activities that are province and grade specific for safety education curriculum.

157 www.schoolnet.ca

Over 5,000 Learning Resources, a daily information news service, and interactive feature.

158 www.sites2c.com/bocce

This site includes all you need to know to introduce students to the lifelong game of bocce.

159 www.sirc.ca

The Sport Information Resource Centre is the world's leading bibliographic database producer of sport, fitness, and sports medicine information. Free articles, links to national and provincial sport hall of fames, and search engines for all your Canadian sport information needs.

160 www.snbs.gnb.ca

Succès NB Success is a campaign to provide tools to New Brunswickers to increase physical activity (and reading, writing, math) in time for the 2003 Canada Games in the Bathurst-Campbellton area. Find tips for teachers, "Cyber Coaches", and incentives.

161 www.sportmatters.ca

News and headlines about sport policy development and advocacy in Canada.

162 www.tctrail.ca

The Trans Canada Trail is a shared-use recreational Trail winding its way through every Province and Territory in Canada. Visit the website for the trail path, maps, and information on four initiatives surrounding the trail: the Discovery Program, Bridges Across Canada, Yesteryears, and Our Native Roots.

163 www.teachnutrition.org

A continuing education site for Preschool to Grade 10 teachers with lesson plans, teaching resources, and student activities for a variety of nutrition initiatives.

164 www.terryfoxrun.org

Celebrating the legacy of Terry Fox and his Marathon of Hope, this annual September event raises money to help find a cure for cancer. Schools can host a variety of Terry Fox events, including runs and walks, skate-a-thons, or designated hockey games. Visit the site for information about Terry Fox, to register an event, or to coordinate a school presentation.

165 www.thecanadianteacher.com

The latest links to free resources, materials, lesson plans, software, samples and computers.

166 www.tobaccofacts.org

Resources, tools, information, downloadable posters, and graphic pictures for teachers, students and parents to educate about the dangers of tobacco.

167 www.winter2010.ca

The official site of the Vancouver 2010 Winter Olympic and Paralympic Bid. "The 2010 Winter Games is a chance to celebrate Canada: our country, our culture and our dreams." Find out about LegaciesNow, a funding program for sport development in BC.

Support Organizations

National Sport, Physical Activity & Active Living Organizations

168 ABORIGINAL SPORT CIRCLE

Canada's national voice for Aboriginal Sport. Links to provincial aboriginal sport associations across Canada.

Contact: 613-938-1176
abcircle.brant@simpatico.ca
www.aboriginalsportcircle.ca

169 ACTIVE LIVING ALLIANCE FOR CANADIANS WITH A DISABILITY

Promoting inclusion and active lifestyles for Canadians with disabilities.

Contact: 613-244-0052 or 1-800-771-0663
info@ala.ca www.ala.ca

170 CANADIAN ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE

Influencing the healthy development of children and youth by advocating for quality, school-based physical and health education. Request a copy of CAHPERD's free catalogue for more great physical education resources.

▸ NOTE: In April 2003 CAHPERD and the Canadian Intramural Recreation Association (CIRA) merged.

Contact: 613-523-1348 or 1-800-663-8708
info@cahperd.ca www.cahperd.ca

171 CANADIAN ASSOCIATION FOR THE ADVANCEMENT OF WOMEN AND SPORT AND PHYSICAL ACTIVITY

Increasing opportunities and encouraging girls and women to participate and lead in sport and physical activity in Canada.

Contact: 613-562-5667
caaws@caaws.ca
www.caaws.ca

172 CANADIAN CENTRE FOR ETHICS IN SPORT

Promoting ethics in sport and recreation through education, public awareness, and research.

Contact: 613-521-3340 or 1-800-672-7775
info@cces.ca
www.cces.ca

173 CANADIAN CENTRE ON SUBSTANCE ABUSE

Working to minimize the harm associated with the use of alcohol, tobacco and other drugs. Centre hosts a national clearinghouse on substance abuse information and resources.

Contact: 613-235-4048
www.ccsa.ca

174 CANADIAN FITNESS AND LIFESTYLE RESEARCH INSTITUTE

Enhancing the well-being of Canadians through research and communication of information about physically active lifestyles to the public and private sectors.

Contact: 613-233-5528
info@cflri.ca
www.cflri.ca

175 CANADIAN LUNG ASSOCIATION

A national, non-profit organization committed to improving respiratory health through research, education and the promotion of healthy living. Website includes downloadable resources for teachers, a site for students, and links to smoking prevention and cessation resources.

Contact: 613-569-6411
info@lung.ca www.lung.ca

176 CANADIAN OLYMPIC COMMITTEE

Responsible for all aspects of Canada's involvement in the Olympic Movement. Part of the COC's mandate is to "educate young people through sport in a spirit of understanding between each other and friendship."

Contact: 416-962-0262
www.coa.ca

177 CANADIAN PARALYMPIC COMMITTEE

The Canadian Paralympic Committee delivers programs that strengthen the Paralympic Movement in Canada, including sending Canadian Teams to the Paralympic Games. The CPC's goal is to empower persons with physical disabilities, through sport.

▸ NOTE: A new Paralympic Games educational resource is planned for 2004 – visit the CPC website for more information.

Contact: 613-569-4333
brian@paralympic.ca www.paralympic.ca

178 CANADIAN PARKS AND RECREATION ASSOCIATION

Building healthy communities and enhance the quality of life and environments for all Canadians through collaboration with our members and partners. Link to provincial parks and recreation associations from the CPRA website.

Contact: 613-523-5315
cpra@cpra.ca www.cpra.ca

179 CANADIAN RED CROSS

Delivers first aid and water safety programs across Canada.

Contact: 613-740-1900
feedback@redcross.ca www.redcross.ca

180 COACHING ASSOCIATION OF CANADA

Improving the effectiveness of coaching across all sports and at all levels of the sport system.

Contact: 613-235-5000
coach@coach.ca www.coach.ca

181 COALITION FOR ACTIVE LIVING

The Coalition is made up of hundreds of groups, organizations and individuals committed to making sure that the environments where we live, learn, work and play support regular physical activity.

Contact: 613-730-2912
info@activeliving.ca www.activeliving.ca

182 DIETITIANS OF CANADA

Food and nutrition professionals committed to the health and well-being of Canadians.

Contact: 416-596-0857
www.dietitians.ca

183 FOUNDATION FOR ACTIVE HEALTHY KIDS

Provides a voice for the development of active, healthy children and youth in Canada. Efforts focus on promoting physical activity, building capacity to provide quality programming, and supporting the development of comprehensive, effective public policies and strategies.

Contact: 416-426-7120 or 1-888-446-7432
info@activehealthykids.ca www.activehealthykids.ca

184 GO FOR GREEN

Encouraging Canadians to pursue healthy, outdoor physical activities while being good environmental citizens. Programs include Active and Safe Routes to School, Gardening for Life, Winter Green, Ice Dreams, and the National Go for Green Awards.

Contact: 613-748-1800 or 1-888-822-2848
info@goforgreen.ca
www.goforgreen.ca

185 HEALTH CANADA

Responsible for helping Canadians maintain and improve their health, providing national leadership to develop health policy, enforce health regulations, promote disease prevention and enhance healthy living for all Canadians.

Contact: 613-957-2991
info@hc-sc.gc.ca www.hc-sc.gc.ca

186 HEART & STROKE FOUNDATION OF CANADA

Improving the health of Canadians by preventing and reducing disability and death from heart disease and stroke through research, health promotion and advocacy.

Contact: 613-569-4361
www.heartandstroke.ca

187 NATIONAL EATING DISORDERS INFORMATION CENTRE

Providing information and resources on eating disorders and weight preoccupation.

Contact: 1-866-NEDIC-20
nedic@uhn.on.ca
www.nedic.ca

188 NATIONAL INSTITUTE OF NUTRITION

A catalyst for advancing the nutritional health of Canadians, the National Institute of Nutrition is a multisectoral authoritative voice for evidence-based nutrition policy. Website features printable resources on a variety of active living and healthy eating topics.

Contact: nin@nin.ca www.nin.ca

189 SAFE SCHOOL CENTRES

Sources of information, resources, training and examples of effective programs to help schools and communities address a range of safety issues.

BC www.safeschools.gov.bc.ca
AB www.learning.gov.ab.ca/safeschools
MB www.safeschoolsmanitoba.ca
ON www.edu.gov.on.ca/safeschl/eng/index.html
NS www.leagueofpeacefulschools.ns.ca
NL www.gov.nf.ca/edu/dept/safesch.htm

190 SPORT CANADA

Supports the achievement of high performance excellence and the development of the Canadian sport system to strengthen the unique contribution that sport makes to Canadian identity, culture and society.

Contact: 819-956-8003
sportcanada@pch.gc.ca
www.pch.gc.ca/sportcanada

191 SPORTABILITY

Initially providing physical recreation and sport opportunities to people with cerebral palsy, head injury and stroke, this organization has now grown to include all physical disability groups that participate in Boccia and swimming for the severely physically disabled.

Contact: 604-599-5240
sportinfo@telus.net www.cpsports.com

Provincial Physical Education Associations & Contacts

Many provincial associations have professional publications. Contact the organization in your province for more information.

192 PHYSICAL EDUCATION PROVINCIAL SPECIALIST ASSOCIATION OF BRITISH COLUMBIA

Contact: Glenn Young
young_g@fc.sd36.bc.ca www.bctf.bc.ca/PEPSA

193 ALBERTA HEALTH AND PHYSICAL EDUCATION COUNCIL

Contact: Brian Mullally
brianm@fmpsd.ab.ca www.schoolscomealive.org

194 SASKATCHEWAN PHYSICAL EDUCATION ASSOCIATION

Contact: 306-445-2232
s.p.e.a@sk.sympatico.ca www.speaonline.ca

195 MANITOBA PHYSICAL EDUCATION TEACHERS' ASSOCIATION

Contact: 204-926-8357 or 1-800-282-8069
mpeta@shaw.com home.merlin.mb.ca/~mpeta

196 ONTARIO PHYSICAL & HEALTH EDUCATION ASSOCIATION

Contact: 416-426-7120 or 1-888-446-7432
info@ophea.org www.ophea.net

197 NOVA SCOTIA TEACHERS' ASSOCIATION OF PHYSICAL & HEALTH EDUCATION

Contact: Andrew Longley
alongley@staff.ednet.ns.ca

198 NEW BRUNSWICK PHYSICAL EDUCATION SOCIETY

Contact: Garth Wade
506-444-4403
garth.wade@nbed.nb.ca

199 PRINCE EDWARD ISLAND PHYSICAL EDUCATION ASSOCIATION

Contact: Garth Turtle
902-368-4255
grturtle@edu.pe.ca

200 NEWFOUNDLAND/LABRADOR PHYSICAL EDUCATION SPECIAL INTEREST COUNCIL

Contact: Tony Flood
arflood@hotmail.com

201 YUKON PHYSICAL EDUCATION ASSOCIATION

Contact: Frank Davidson
Frank.Davidson@gov.yk.ca

Provincial Ministries of Education

Additional physical education resources can be found in each province's recommended resource list – visit the Ministry of Education websites for a virtual tour.

202 BRITISH COLUMBIA MINISTRY OF EDUCATION

Contact: www.gov.bc.ca/bced

203 ALBERTA LEARNING

Contact: www.learning.gov.ab.ca

204 SASKATCHEWAN LEARNING

Contact: www.sasked.gov.sk.ca

205 MANITOBA DEPARTMENT OF EDUCATION, TRAINING AND YOUTH

Contact: www.edu.gov.mb.ca

206 ONTARIO MINISTRY OF EDUCATION

Contact: www.edu.gov.on.ca

207 ÉDUCATION QUÉBEC

Contact: www.meq.gouv.qc.ca

208 NEW BRUNSWICK DEPARTMENT OF EDUCATION

Contact: www.gnb.ca/0000

209 NOVA SCOTIA DEPARTMENT OF EDUCATION

Contact: www.ednet.ns.ca

210 PRINCE EDWARD ISLAND DEPARTMENT OF EDUCATION

Contact: www.edu.pe.ca

211 NEWFOUNDLAND & LABRADOR DEPARTMENT OF EDUCATION

Contact: www.gov.nf.ca/edu

212 YUKON DEPARTMENT OF EDUCATION

Contact: www.gov.yk.ca/depts/education

213 NORTHWEST TERRITORIES MINISTRY OF EDUCATION, CULTURE AND EMPLOYMENT

Contact: siksik.learnnet.nt.ca

214 NUNAVUT DEPARTMENT OF EDUCATION

Contact: www.gov.nu.ca/education.htm

Provincial Sport Organizations

Many provincial sport organizations can provide or link educators to physical activity programs and resources. Contact the following sport umbrella organizations or visit their websites for more information.

215 SPORT BC

Contact: 604-737-3000
info@sport.bc.ca
www.sport.bc.ca

216 ALBERTA SPORT, RECREATION PARKS & WILDLIFE FOUNDATION

Contact: 780-310-0000
comdev.communications@gov.ab.ca
www.cd.gov.ab.ca/asrpwf

217 SASK SPORT INC.

Contact: Regina: 306-780-9300
Saskatoon: 306-975-0800
sasksport@sasksport.sk.ca
www.sasksport.sk.ca

218 SPORT MANITOBA

Contact: 204-925-5605
info@sport.mb.ca www.sport.mb.ca

219 ONTARIO SPORTALLIANCE

Contact: 416-426-7000
info@sportalliance.com
www.sportalliance.com

220 SPORTS-QUÉBEC

Contact: 514-252-3114
sports@sportsquebec.com
www.sportsquebec.com

221 SPORT NEW BRUNSWICK

Contact: 506-451-1320
sportnb@nbnet.nb.ca www.sport.nb.ca

222 SPORT NOVA SCOTIA

Contact: 902-425-5450
sportns@sportns.ns.ca
www.sportnovascotia.com

223 SPORTPEI

Contact: 1-800-247-6712
sports@sportpei.pe.ca www.sportpei.pe.ca

224 SPORT NEWFOUNDLAND AND LABRADOR

Contact: www.sportnf.com

225 SPORT YUKON

Contact: 867-668-4236
info@sportyukon.com
www.sportyukon.com

226 SPORT NORTH

Contact: 1-800-661-0797
www.sportnorth.com

Just BC

BC Government

227 MINISTRY OF EDUCATION

Contact: 250-356-2500
www.gov.bc.ca/bced

228 MINISTRY OF HEALTH PLANNING

Contact: 250-952-3456
www.gov.bc.ca/healthplanning

229 MINISTRY OF COMMUNITY ABORIGINAL AND WOMEN'S SERVICES

Contact: 250-387-4089
www.gov.bc.ca/mcaws

230 SPORT AND PHYSICAL ACTIVITY BRANCH

Contact: 250-356-1176
www.sport.gov.bc.ca

BC Support Organizations

231 2010 LEGACIESNOW SOCIETY

As part of the Vancouver Bid for the 2010 Olympic Winter Games and Winter Paralympic Games, in partnership with the Province of BC, LegaciesNow is funding a series of sport development programs for young BC athletes. These programs cover the spectrum of athletes – from the playground to the podium.

Contact: Vancouver 2010 Bid Corporation
604-408-2010 or 1-877-408-2010
info@winter2010.com www.winter2010.com

232 BC DAIRY FOUNDATION

Delivers broad nutritional messages, including the four food groups, targeted to children and youth. Foundation programs increase awareness of the importance of active living and healthy eating; and promote the nutritional values and health benefits of milk.

Contact: 604-294-3775 or 1-800-242-MILK
nutrition@bcdf.org
www.bcdf.org

233 BC INJURY PREVENTION CENTRE'S SCHOOL PROGRAMS – INJURY-FREE LIFESTYLES

The Injury-Free Zone concept is designed for students in elementary and middle schools and promotes how to critically analyze risky situations whether participating in sports, riding mountain bikes, traveling to school on roadways or planning their own outdoor adventures. Presentations by athletes and instructors are complemented by a student-focused website.

Cost: $60 for 30 minute presentation
Contact: Mary Ellen Lower, BC Injury Prevention Centre
604-875-5856
bcipc@vanhosp.bc.ca
www.injuryfreezone.com

234 COACHES ASSOCIATION OF BRITISH COLUMBIA

Improving the quality of coaching in BC to provide positive and meaningful experiences for athletes of all ages.

Contact: 604-298-3137
info@coaches.bc.ca
www.coaches.bc.ca

235 DIRECTORATE OF AGENCIES FOR SCHOOL HEALTH

A coalition of local, regional and provincial organizations and individuals advocating for programs, services and research that enable students, families and communities to develop to their fullest potential.

Contact: 604-931-4906
philippa11@shaw.ca
www.dashbc.org

236 PHYSICAL EDUCATION PROVINCIAL SPECIALIST ASSOCIATION OF BRITISH COLUMBIA (PEPSA BC)

Contact: www.bctf.bc.ca/PEPSA

237 PREVENTION SOURCE BC

The provincial prevention resource centre supporting organizations and individuals in British Columbia involved in the prevention of substance misuse. PSBC links BC's prevention community to each other and to resources outside the province, and has resources geared specifically toward teachers, including "bc.tobaccofacts" and "Kick the Nic". Visit the PSBC website and peruse their online catalogue.

Contact: 1-800-663-1880
info@preventionsource.bc.ca
www.preventionsource.bc.ca

238 proMOTION plus: Girls and Women in Physical Activity and Sport

Working cooperatively with individuals and groups in the sport and recreation system in British Columbia to create equity for girls and women.

Contact: 604-737-3075 or 1-877-55-PROMO
office@promotionplus.org
www.promotionplus.org

239 BC RECREATION & PARKS ASSOCIATION

Dedicated to advancing the Recreation and Parks field by expanding the capabilities of its members and promoting leisure services.

Contact: 604-273-8055
bcrpa@bcrpa.bc.ca
www.bcrpa.ca

240 PACIFICSPORT GROUP

The BC Sport Centre Network.

Contact: 604-730-7228
group@pacificsport.com
www.pacificsport.com

241 SAFE SCHOOL CENTRE

A central source of information, resources, training and examples of effective programs to help schools and communities address a range of safety issues. Resources include: Focus on Bullying: An Elementary School Bullying Prevention Program, and Youth Taking Action.

▸ NOTE: Visit the Centre at 5325 Kincaid Street, Burnaby BC.

Cost: Resources available on loan from Resource Lending Library
Contact: BC Safe School Centre
604-660-SAFE (7233) or 1-888-224-SAFE (7233)
info.safeschools@gems5.gov.bc.ca
www.safeschools.gov.bc.ca

BC Sport Organizations

For more sport and physical activity resources in British Columbia contact the following organizations:

242 SPORT BC

Contact: 604-737-3000 info@sport.bc.ca www.sport.bc.ca

243 ABORIGINAL SPORT DEVELOPMENT CENTRE

Contact: 250-544-1677 asdc@asdc.ca www.asdc.ca

244 ABORIGINAL SPORTS/RECREATION ASSOCIATION

Contact: 250-544-1667 alex.nelson@asra.ca www.asra.ca

245 BC ARCHERY ASSOCIATION

Contact: www.archeryasssociation.bc.ca

246 BC ATHLETICS

Track & Field, Road Running, Cross Country Running, Race Walking

Contact: 604-737-3170
bcathletics@bcathletics.org www.bcathletics.org

247 BADMINTON BC

Contact: 604-737-3030
info@badmintonbc.com www.badmintonbc.com

248 BC BALL HOCKEY ASSOCIATION

Contact: bcbha@vancouverevents.com
www.vancouverevents.com/bcbha.htm

249 BC BLIND SPORTS ASSOCIATION

Contact: 604-325-8638 or 0-604-325-8638 after tone enter 7617
info@bcblindsports.bc.ca www.bcblindsports.bc.ca

250 BASEBALL BC

Contact: 604-737-3031 info@baseball.bc.ca www.baseball.bc.ca

251 BASKETBALL BC

Contact: 604-241-HOOPS
hoops@basketball.bc.ca www.basketball.bc.ca

252 BOWL BC

Contact: 604-522-2990 bowl4fun@direct.ca www.bowlbc.com

253 BOWLS BC (LAWN BOWLING)

Contact: www.bowlsbc.ca

254 CANOE RACING BC

Sprint Canoe and Kayak

Contact: 604-460-0584 www.crbc.com

255 CURL BC

Contact: 604-737-3040 or 1-800-667-curl
curling@curlbc.bc.ca www.curlbc.bc.ca

256 CYCLING BC

Contact: 604-737-3034 office@cycling.bc.ca www.cycling.bc.ca

257 DANCESPORT BC

Contact: 604-925-5003
president@dancesportbc.com www.dancesportbc.com

258 BC DEAF SPORTS FEDERATION

Contact: 604-738-7122 (TTY)
bcdeafsports@telus.net www.bcdeafsports.bc.ca

259 BC DISABILITY SPORTS

Contact: 604-737-3039
dissport@disabilitysport.org www.disabilitysport.org

260 BC DISC SPORTS SOCIETY

Contact: 1-888-878-7387 discbc@bcdss.bc.ca www.bcdss.bc.ca

261 DIVE BC

Contact: www.bcdiving.bc.ca

262 BC FENCING ASSOCIATION

Contact: 604-737-3044 sitka.triumf.ca/bcfencing

263 FIELD HOCKEY BC

Contact: 604-737-3045 (Men's) 604-737-3046 (Women's)
info@fieldhockeybc.com www.fieldhockeybc.com

264 FIGURE SKATING BC SECTION

Contact: 604-205-6960
sk8bc-yt@telus.net www.skatinginbc.com

265 FOOTBALL BC

Contact: 604-583-9363
footballbc@footballbc.org www.playfootball.bc.ca

266 BC GAMES SOCIETY

Contact: 250-387-1375 info@bcgames.org www.bcgames.org

267 BC GOLF ASSOCIATION

Contact: 604-294-1818 or 1-888-833-2242
golfbc@bcga.org www.bcga.org

268 BC LADIES' GOLF ASSOCIATION

Contact: 604-207-9505 bclga@telus.net www.bclga.com

269 GYMNASTICS BC

Contact: 604-737-3104
info@gymnastics.bc.ca www.gymnastics.bc.ca

270 BC AMATEUR HOCKEY ASSOCIATION

Contact: 250-652-2978 info@bcaha.org www.bcaha.org

271 JUDO BC

Contact: 604-734-3197 judobc@telus.net www.judobc.ca

272 KARATE BC

Contact: 604-737-3015 info@karatebc.org www.karatebc.org

273 BC LACROSSE ASSOCIATION

Contact: 604-421-9755 info@bclacrosse.com www.bclacrosse.com

274 FEDERATION OF MOUNTAIN CLUBS OF BRITISH COLUMBIA

Contact: 604-878-7007
fmcbc@mountainclubs.bc.ca www.mountainclubs.bc.ca

275 BC NETBALL ASSOCIATION

Contact: 604-293-1820 fesuarez@shaw.ca www.bcnetball.com

276 ORIENTEERING ASSOCIATION OF BC

Contact: 604-519-4862 mapreader@oabc.ca www.orienteeringbc.ca

277 OUTDOOR RECREATION COUNCIL OF BC

Contact: 604-737-3058 orc@intergate.ca www.orcbc.ca

278 BC RACQUETBALL ASSOCIATION

Contact: bcracquetball@hotmail.com www3.bc.sympatico.ca/davea

279 BC RHYTHMIC SPORTIVE GYMNASTICS FEDERATION

Contact: 604-608-5350
bcrsgf@rhythmicsBC.com www.rythmicsbc.com

280 BC RINGETTE ASSOCIATION

Contact: www.bcringette.org

281 ROWING BC

Contact: 604-737-3064 www.rowbc.org

282 BC RUGBY UNION

Contact: 604-737-3065 bcrugby@telus.net www.bcrugby.com

283 BC SAILING ASSOCIATION

Contact: 604-737-3126 drew@bcsailing.bc.ca www.bcsailing.bc.ca

284 BC SCHOOL SPORTS

Contact: 604-737-3066
info@bcschoolsports.com www.bcschoolsports.com

285 BC ALPINE SKI ASSOCIATION

Contact: 604-737-3070 www.bcalpine.com

286 BC SOCCER ASSOCIATION

Contact: 604-299-6401 soccer_bc@telus.net www.bcsoccer.net

287 SOFTBALL BC

Contact: 604-531-0044 info@softball.bc.ca www.softball.bc.ca

288 BC SPECIAL OLYMPICS

Contact: 1-888-854-2276
specialolympics@bcso.bc.ca www.bcso.bc.ca

289 SPORTMED BC

Contact: 604-473-4850
info@sportmedbc.com www.sportmedbc.com

290 SQUASH BC

Contact: 604-737-3084 info@squashbc.com www.squashbc.com

291 SWIM BC

Contact: 604 734-7946 staff@swim.bc.ca www.swim.bc.ca

292 SYNCHRO SWIM BC

Contact: 604-737-3160 synchrobc@telus.net www.synchro.bc.ca

293 BC TABLE TENNIS ASSOCIATION

Contact: 604-737-3012 bctta@hotmail.com members.shaw.ca/bctta

294 BC TAEKWONDO ASSOCIATION

Contact: 604-530-8922
contact@bctaekwondo.org www.bctaekwondo.org

295 TENNIS BC

Contact: 604-737-3086 info@tennisbc.org www.tennisbc.org

296 TRIATHLON BC

Triathlon and Duathlon

Contact: 604-736-3176 info@tribc.org www.tribc.org

297 VOLLEYBALL BC

Contact: 604-291-2007 info@volleyball.ca www.bcva.com

298 BC WATER POLO ASSOCIATION

Contact: 604-737-3148
info@bcwaterpolo.com www.bcwaterpolo.com

299 BC WHEELCHAIR SPORTS ASSOCIATION

Contact: 604-737-3090 or 1-877-737-3090
info@bcwheelchairsports.com
www.bcwheelchairsports.com

300 BC WRESTLING ASSOCIATION

Contact: 604-737-3092 info@bcwrestling.com www.bcwrestling.com

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